

Face to Face workshop

Optimising inhaler technique: improving outcomes

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A hands-on workshop to allow healthcare professionals to familiarise themselves with a variety of inhaler devices and other aids and to practice delivering support to people to optimise their inhaler technique.

In 2014, the National Review of Asthma Deaths highlighted that two-thirds of asthma deaths could have been prevented by better basic care. Key elements of care were not consistently provided, such as review and provision of personal asthma action plans. Recommendations included appropriate prescribing of inhalers, and assessment and ongoing monitoring of inhaler technique.

Ten years on from the National Review of Asthma deaths, the annual asthma death toll has risen by a quarter, and there has been limited improvements in asthma care.

All healthcare professionals who come into contact with people who are using inhalers should be able to check inhaler technique and provide advice to improve the use of inhaled medicines. This workshop will develop knowledge, skills and confidence to support patients to improve their outcomes and have an impact on the quality of life for people with COPD and asthma.

I am running this face-to-face workshop twice in Thames Valley. Details are as follows:

19th March 2026

The University of Reading (Palmer Building, Room 1.06), RG6 6EW

Event id: 63250

13th May 2026

The Mercure Thame Lambert Hotel, OX49 5SQ

Event id: 63251

At both workshops, food and refreshments will be served on arrival from 7:00pm.

The workshop will run from 7:30pm until 9:30pm.

The programme will consider the different types of inhaler devices available and how the dose is delivered in each type, the breathing technique required for each type of device and the potential implications of poor technique.

After completing all aspects of the programme, participants should be able to:

- Describe the different types of inhaler devices and their instructions for use
- Outline how the delivered dose is made in each type of device
- Explain the technique required to achieve the optimum inspiratory flow for each device
- Discuss the potential implications of sub-optimal inhaler technique
- Demonstrate your role as a healthcare professional in optimising inhaled medicines

This is a **free** event open to pharmacists, pharmacy technicians and trainee pharmacists. No pre-work is required!

As well as a great CPD learning opportunity, you will be able to network with colleagues in person.

To book: Log onto www.cppe.ac.uk and scroll down the home page to book on to an event or click onto this link: <https://www.cppe.ac.uk/programmes//inhalers-w-03>

Kind regards,

Sarah Hounsell (sarah.hounsell@cppe.ac.uk)

CPPE Regional Tutor